CULTURE

Pages 8-9 – Dia de los Muertos Celebrations

EL CENTRAL HISPANIC NEWS

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SPORTS

Page 10 – Wolverines Dominate Spartans to Remain Undefeated !!!

El presidente Obama visitó Detroit como apoyo a la gobernadora Whitmer y a los Candidatos de Míchigan.

El sábado pasado, más de 3.000 personas esperaron durante más de cuatro horas para escuchar el discurso del expresidente Obama en la escuela de Detroit Renaissance High School, quien habló durante casi una hora y, como se esperaba, alentó a la multitud a salir a votar por los candidatos demócratas de Michigan. En repetidas ocasiones hizo la pregunta: "¿Quién luchará por ustedes?" y la multitud gritó "¡La gobernadora Whitmer y los demócratas!" Dijo: "Los demócratas tienen planes reales". Obama resaltó los principales logros de la administración Biden y señaló que los demócratas han aprobado un importante plan de infraestructura, reducción de costos en los medicamentos prescritos y atención médica confidencial. "¡Todos deberíamos estar de acuerdo en que las mujeres de todas partes deberían poder controlar lo que sucede con sus propios cuerpos!" Reiterando que había mucho en juego en estas elecciones. "La democracia está en juego", dijo, "¡y debemos elegir a los demócratas que se están postulando para los diferentes cargos, de arriba a abajo en la boleta electoral si queremos salvar nuestra democracia!".

Obama instó a la audiencia "salgan a votar por Whitmer y Gilchrist y por todos los candidatos de Michigan que lucharán por ustedes". Cuando fue interrumpido un par de veces al final de su discurso, y la multitud comenzó a abuchear, repitió su famosa frase "No se distraigan... no abucheen... ellos no pueden escuchar su abucheo". ¡Voten! ¡Ellos pueden escuchar su voto!" La multitud vitoreó largo y fuerte. Finalmente alentó a todos a asegurarse de llevar a sus familias, amigos y colegas a las urnas el 8 de noviembre.

President Obama Visits Detroit to Rally Support for Gov. Whitmer and Michigan Candidates

Former President Obama, Michigan Governor Gretchen Whitmer, and Michigan Lieutenant Governor Garlin Gilchrist II, during rally for Michigan Democratic candidates

More than 3,000 people waited for over four hours last Saturday to hear the former president speak at Renaissance High School in Detroit. He spoke for nearly one hour and, as expected, energized the crowd to get out and vote for Democratic candidates in Michigan. He repeatedly asked, "Who will fight for you?" and the crowd shouted back "Governor Whitmer and Democrats!" He said, "Democrats have actual plans." Obama touted the major accomplishments of the Biden administration noting that Democrats have passed a major infrastructure plan, reduced costs of prescription drugs and protected health care. "And, we should all agree that women everywhere should be able to control what happens with their own bodies!" He reiterated that a lot was a stake in this election. "Democracy is at stake" he said, "and we must elect Democrats running for office up and down the ballot if we want to save our democracy!"

Obama urged the audience to "get out and vote for Whitmer and Gilchrist and all of the Michigan candidates who will fight for you."

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United Way Announces Racial Equity Fund Applications Open thru Nov. 7

United Way for Southeastern Michigan has launched the second year of grant funding for Black, Indigenous, and people of color (BIPOC)-led organizations. These flexible and unrestricted grants between $10,000 and $50,000 will focus on leadership, lifespan development, economics, and reaching equity in emerging areas of the community.

The United Way for Southeastern Michigan Racial Equity Fund is designed to help all people experience authentic inclusion and have equitable access to resources and opportunities. The grants are part of the $1 million committed to the effort.

The Fund was designed in the summer of 2021 by a diverse and inclusive workgroup of community members. The objective then and going forward is to empower those most impacted by systemic oppression to thrive and reach their full potential.

"We are excited to offer these grants once again to BIPOC led organizations in our service areas across Macomb, Oakland and Wayne counties. We have already seen the impact these funds can make in developing future leaders" said Tonya Adair, chief people, equity, and engagement officer, United Way for Southeastern Michigan. Thanks to these funds, the 23 organizations we helped last year are in a better foundational place to succeed. It is important to ensure there is a reflection of the communities we serve, through all our grantmaking opportunities."

The Centering Community Voice Blueprint informed the creation of the Fund and was developed in collaboration with Detroit Future City. United Way prioritizes community voice and lived experience as core components of decision-making throughout their grantmaking process.

"Awardees in year one of the Racial Equity Fund support represented Wayne, Oakland and Macomb counties," added Adair. "We look forward to receiving even more impactful project ideas to benefit all the areas we serve across southeastern Michigan."

United Way for Southeastern Michigan also recognizes that ensuring program and organization sustainability long after the funding contract has ended is a critical equity component. They have pledged to offer technical assistance, support and one on one coaching toward effectiveness, creativity and long-term sustainability.Those interested can apply for the grants through November 7, 2022. To learn more about this opportunity, visit https://unitedwaysem.org/racial-equity-fund/

Nora Chapa Mendoza: 'My Life Through My Paintings'

Retrospective of Esteemed Hispanic Artist Showcases Five Decades of Work.

By Ofelia Saenz

The celebrated Mexican American artist Nora Chapa Mendoza takes her inspiration from everywhere, but she does not shy away from expressing her political and social perspectives through her art. For a brief run, hundreds of Mendoza's pieces that span works from the mid 1960s to present will showcase her distinctive artistic voice at Design Studio 6 starting Nov. 4.

"These artworks belong to different periods of time," said the show's curator, artist Marta Carvajal, who put together an exhibit of Mendoza's varied styles. According to Carvajal, identifying, dating and signing the pieces was a huge project because of the volume of works.

cont on pg.2

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Si tú o alguien que conoces necesita apoyo, llama al 988 (servicio en español) o envía un texto al 988 o chat vía 988lifeline.org (en inglés).
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Nora Chapa Mendoza

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Carvajal worked diligently with the artist, and where necessary, cross referenced the styles to pinpoint the years each was created.

Mendoza is one of the community's leading Mexican American artists with a decades-long history in Michigan's artist culture. She was one of the first in the area to champion Hispanic art through the Galleria Mendoza, first in Pontiac and later in downtown Detroit. She was a founding member of the Michigan Hispanic Cultural/Art Association, and in 1996 she was one of eight artists chosen to work on the renovation of Detroit's Music Hall.

Although she was born and raised in Texas, Mendoza has spent most of her 90-plus years as a Michigan resident. In 1999, she was named Michigan's Artist of the Year, and notable collectors of her artwork include former mayor of Detroit Dennis Archer, and the late Queen of Soul, singer Aretha Franklin.

"I guess I was born [an artist], because as soon as I could pick up a brush I knew I was going to paint," said Mendoza from her home studio. "For me, painting is like eating. The same way we have to eat every day to live, I have to be involved in the painting process almost on a daily basis."

The artist's daughter will also be selling copies of Mendoza's book, which features hundreds of her paintings and sculptures.

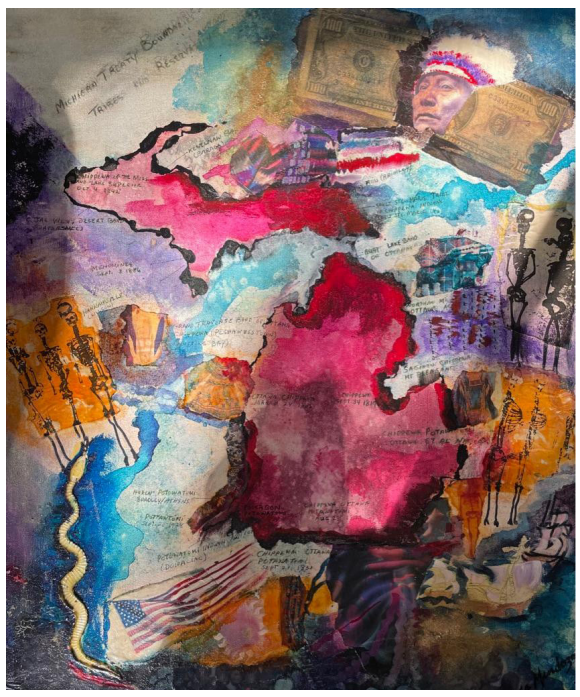
"There are so many negative things and scary things and all sorts of problems happening in our world today," said Mendoza as she reflects on the upcoming exhibit. "But I hope my work will be a small distraction for a moment or day, to just relax, and just enjoy who you are and where you are."

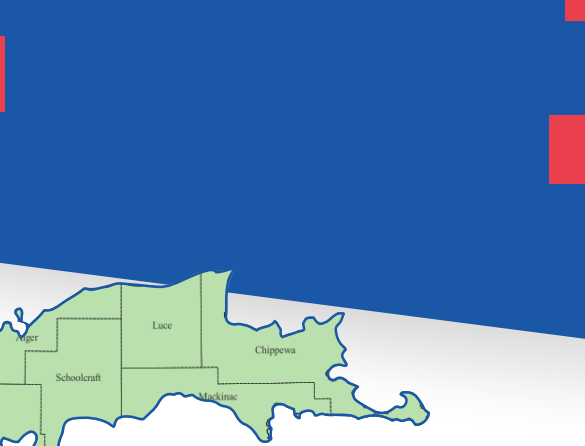
The exhibit takes place at Design Studio 6 from Nov. 4 through Nov. 12 by appointment only, except for Nov. 4 and 5. The public is invited to an opening reception on Nov. 4 from 5 to 8 p.m., and the gallery is open to the public on Nov. 5 from 3 to 6 p.m. There will also be an Artist Talk from 3 to 4 p.m. on Nov. 5.

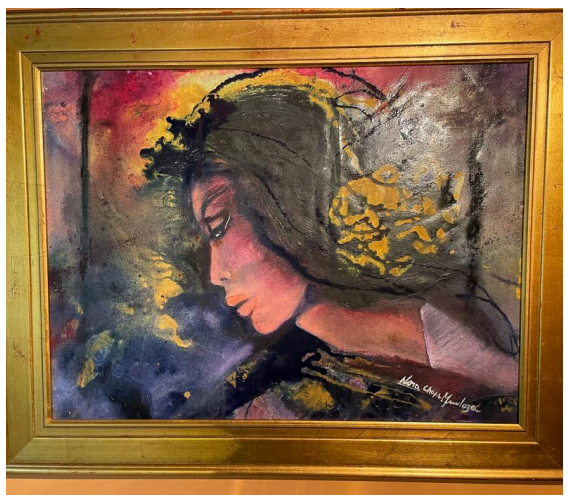
Design Studio 6 is located at 8626 W. McNichols in Detroit. To RSVP or make an appointment for a viewing, contact the artist curator, Marta Carvajal, at (313) 949-7389.

A native of Southwest Detroit, Ofelia Saenz is a writer, marketer and food entrepreneur.

(L-R) Show's curator, artist Marta Carvajal and Mexican American artist Nora Chapa Mendoza







¿ESTAS LISTO PARA LAS ELECCIONES GENERALES DEL 8 DE NOVIEMBRE?

ARE YOU READY FOR THE NOVEMBER 8 GENERAL ELECTION?

Paso 1:
Revisa si tu lugar para votar ha cambiado.

Ve a **mi.gov/vote** y haz click en "**Your Voter Information**".

El lugar de la votación está abierto de 7:00 a.m. a 8:00 p.m. hora local el día de las elecciones.

Step 1:
See if your polling location has changed.

Visit **mi.gov/vote** and click on **"Your voter information."**

Your polling location is open 7 a.m. - 8 p.m. local time on Election Day.

MichiganVoting.org/SpanishResources

President Obama Visits Detroit

Con't from pg. 1

When he was heckled a couple of times towards the end of his speech, and the crowd began to boo, he repeated his famous line "Don't be distracted….don't boo…they can't hear your boo. Vote! They can hear your vote!" The crowd cheered long and loud. He ended his remarks by encouraging everyone to make sure that they get their families, friends and colleagues to the polls on November 8th.

Tudor Dixon y Shane Hernández dan inicio a su gira en el Suroeste de Detroit

Foto y escrito por el Dr. José Cuello, escritor colaborador de EL CENTRAL

Tudor Dixon y Shane Hernández iniciaron un recorrido de campaña, como candidatos para gobernadora y vicegobernador de Michigan, el sábado 29 de octubre de 2022 con un mitin en Armando's Mexican Restaurant en el suroeste de Detroit, a quienes se les unió la excongresista Tulsi Gabbard.

Los miembros de la prensa fueron remitidos a los sitios web de Dixon para realizar preguntas sobre los temas relevantes en Detroit y la comunidad hispana.

Los sitios web de campaña y recaudación de fondos de Dixon proclaman con orgullo el respaldo de lo que generalmente se conoce como la ideología MAGA (Make America Great Again /Hagamos a EEUU grande otra vez) del Partido Republicano. Estos incluyen al ex presidente, Donald Trump, líder reconocido del Partido Republicano, Kari Lake, candidata a gobernadora del MAGA de Arizona, y los presentadores de FOX News, Carlson Tucker y Jesse Waters.

Dixon y Hernández dijeron que su objetivo principal era asegurarse de que la gobernadora Gretchen Whitmer nunca vuelva a ganar otro mandato. Afirmaron que la preocupación de ella por salvar vidas durante la pandemia de COVID-19 provocó el cierre de 3.000 negocios y que los niños faltaran dos años a la escuela. También afirmaron que Whitmer es la responsable de los altos precios de la gasolina debido a que cerró la Línea 5, un oleoducto que ha demostrado ser un peligro para el medio ambiente. (Verificación de hechos: la línea 5 todavía está abierta.)

Dixon y Hernández prometieron reducir drásticamente la regulación gubernamental de las empresas para que vuelvan a ser rentables.

La educación es un tema importante para Dixon y Hernández. Culparon a Whitmer por apoyar a los maestros en lugar de a los niños. Según Dixon, Whitmer les está diciendo a los niños que les mientan a sus padres si sienten que tienen una identidad de género alternativa. Dixon hará que cada maestro coloque su programa de estudios y lectura en un sitio web público.

Dixon declaró que "Whitmer debería superar ya el complot que se llevó a cabo para secuestrarla y ejecutarla, por parte de terroristas domésticos convictos. Ella no merece protección física porque no ha hecho nada por el tiroteo masivo en la escuela de Oxford, Michigan."

Hernández dijo que convenció a su padre, Sal, de convertirse de demócrata a republicano hace 20 años. Le pidió a la multitud que encontraran a los Sal Hernández en sus vidas y los convirtieran también. Fue secundado en su llamado por Tulsi Gabbard, ex candidata republicana a la presidencia, quien voló desde Hawái para apoyar a Dixon.

La multitud en el área del patio de Armando's era mayoritariamente blanca con una pizca de hispanos y algunos afroamericanos.

Los hispanos locales participaron en el programa de apertura, incluido el pastor Kevin Casillas, quien dirigió la oración, Carolyn Suero, quien recitó el juramento a la bandera y Ken Gutiérrez, quien cantó el himno nacional.

El Dr. José Cuello es Profesor Asociado Emérito de Historia en Wayne State University

Traducción por Carmen Elena Luna

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Tudor Dixon and Shane Hernández Kickoff Bus Tour in Mexicantown

Photo and article by Dr. José Cuello, EL CENTRAL Contributing Writer

By: Jose Cuello

From Left, Shane Hernandez, Tulsi Gabbard and Tudor Dixon kicked off their bus tour in Mexicantown

Tudor Dixon and Shane Hernández kicked off a bus tour campaign for governor and lieutenant governor of Michigan with a rally at Armando's Mexican Restaurant in Southwest Detroit on Saturday, October 29, 2022. They were joined by former Congresswoman Tulsi Gabbard. Members of the press were referred to Dixon's websites for questions about issues relevant to Detroit and the Hispanic community.

Dixon's campaign and fundraising websites proudly proclaim endorsements from what is generally known as the MAGA wing of the Republican Party. These include former president, Donald Trump, acknowledged head of the Republican Party, Kari Lake, MAGA candidate for governor or Arizona, and FOX News anchors, Carlson Tucker and Jesse Waters.

Dixon and Hernández said their primary goal was to make sure that Gretchen Whitmer never serves another term of office. They said Whitmer's concern for saving lives during the COVID-19 pandemic caused 3,000 businesses to close and children to miss two years of school. They also claim that Whitmer is responsible for high gas prices by shutting down Line 5 an oil pipeline that has proven to be danger to the environment. [Fact check: Line 5 is currently still open.]

Dixon and Hernandez promise to slash government regulation of businesses to make them profitable again.

Education is a major issue for Dixon and Hernandez. They blamed Whitmer for supporting teachers instead of the children. According to Dixon, Whitmer is telling children to lie to their parents if they feel they have an alternate identity. Dixon will make every teacher place their syllabus and readings on a public website.

Dixon stated that Whitmer should get over the plot to kidnap and execute her by convicted domestic terrorists. She does not deserve physical protection because she has done nothing about the mass shooting in Oxford, Michigan.

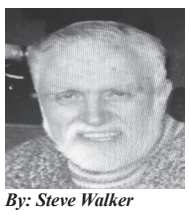
Hernandez said he convinced his father, Sal, to convert from a Democrat to a Republican 20 years ago. He asked the crowd to find the Sal Hernandezes in their lives and convert them too. He was seconded in his call by Tulsi Gabbard, former GOP candidate for president, who flew in from Hawaii to support Dixon.

The crowd in the patio area of Armando's was majority white with a sprinkling of Hispanics and fewer African Americans.

Local Hispanics participated in the opening program including Pastor Kevin Casillas who led the prayer, Carolyn Suero who recited the pledge of allegiance and Ken Gutierrez who sang the national anthem.

Dr. José Cuello is Emeritus Associate Professor of History at Wayne State University

Meet Lieutenant Governor Garlin Gilchrist



By: Steve Walker

[Editor's note: EL CENTRAL featured an interview with the Republican candidate for Lt. Governor, Shane Hernandez in our issue published on October 13, 2022. We were pleased to speak briefly with the Democratic candidate for Lt. Governor Garlin Gilchrist to present a personal look at the candidate in this issue.]

Eight years ago, Garlin Gilchrist and his wife returned to live in Detroit. They surveyed the entire city and decided to buy a loft in the Corktown area. Neither had grown up in Southwest Detroit, but they wanted the best neighborhood in Detroit for their immediate family. (The Gilchrists now have three young children.) They wanted to live in a diverse community and one close to Detroit's cultural destinations like W. Vernor Hwy., the Detroit Institute of Arts and downtown Detroit.

Now that Garlin works many days in Lansing, they still maintain their residence in Corktown. He tries to come home every night to be with his family and he is the one who drives the children to a local public school every morning on his way to Lansing. Garlin says that the Honey Bee Market is their "primary grocery" and they love all the great perks in Southwest Detroit.

As Lieutenant Governor, Garlin has been given four major areas of responsibility. He headed a taskforce on health disparities due to COVID, which he says clearly included Latinos. He worked on criminal justice reforms, particularly expungements which included "many Latino males". He worked on connecting more Michiganders to the Internet where Latinos, in particular, have a low participation rate. And, he worked on promoting small businesses.

If re-elected, in his second term, he will continue to work on these issues plus he would like to develop specific programs for second language learners.

Garlin has a history working with computers and technology although he says he has no plans beyond his current job. He has dedicated his career to solving problems. An engineer by training, he uses thoughtful innovation, progressive reform, and efficient modernization of policies and programs to make the work better for hardworking families. From spearheading campaigns for equality and justice to harnessing technology to solve real problems, his focus has consistently remained on serving the public and getting things done.

Steve Walker has been active in politics since 1962. He is a retired Political Science professor from Wayne County Community College, a member of the state Democratic Hispanic Latino Caucus and a long-time treasurer of the Wayne County Spanish Speaking Democrats and contributing writer for EL CENTRAL.

SPECIAL, WORLD'S CULTURES

Dead's day

Dead's day - Día de muertos

There is a culture in Mexico that refers to the gratitude of life through the recognition of death. Although, this past November 1st, All Saints' Day was conmemorated, which is understood as the day to remember infants who died either at birth or shortly after childbirth. Followed by November 2nd when we celebrate those who passed away after developing with their lives a personality that created memories among the living, this is how we can honor them with an altar that offers what they loved so when they return from the realm of the dead we can share the feast together. The altar or offering, according

to the tradition, can be form with three levels without counting the ground, up to seven levels (some people even contemplate thirteen levels like the thirteen worlds of the Mictlán). It is important to note that this tradition in its contemporary version is a result of the miscegenation between the beliefs of indigenous myths and the Spanish Catholicism of the colony. The festivity to death in Mexico, more than a painful dispossession, is understood as a symbol of the transition from one plane to another; it is, therefore, a moment to be present and to keep in mind those who have been loved, even if they have left to other worlds.

This date manifests the joy of living through gratitude colorful and festive with as many expressions as possible. Some people question the validity of the imaginary of this tradition that seems to belong to a type of magical realism, since currently the globalized society little supports the belief that the dead will come to share the feast; however, the altars and ofrendas on this day serve to remind Mexicans that there is always something and someone to thank-to celebrate. And despite the fact that the festivals around México are centered on ofrendas contests, we will continue to focus on another feature of the tradition of the day of the dead, the satirical poems called "Calaveritas", which are dedicated to narrate how the aforementioned characters outwit the grim reaper, the skinny one, the skull, death, La Catrina. These poems have the following characteristics:

They are written in stanzas (paragraphs of a poem), each stanza must have four verses (lines). They are written in minor verse, which are verses of eight syllables or less. The verses must rhyme with each other, either the first verse with the third, or the first verse with the fourth. Example:

Estrofa 1:
En la oficina la fl**aca**
muy triste ella deambul**aba,**
pues la sufrida **cal**aca
a casi nadie encontr**aba.**

For the count of syllables, the sinalefas should be considered, which is what is known as the fusion of words through vowels, example: In the office the skinny, is divided into eight syllables as follows: In Lao fi ci na la fla ca; with this division a total of 8 syllables is given. It is important to consider that a syllable is added to the lines of 7 syllables, giving 8 syllables.

The Calaveritas are also used to make social and political criticism, as well as forms of gratitude. The following skull is an example of a gratitude Calaverita.

En la oficina la flaca
muy triste ella deambulaba
pues la sufrida urraca
a casi nadie encontraba

calaca a cualquiera busca
quiere ver a quien chamusca
Francisca de ella huyó
y a Moni bien la instruyó

Moni exaltada un día gritaba
-¡Uli, viene la calaca!
-¡Uli, vete, ya empaca!
siempre Moni me salvaba

Por eso yo ni la cuestionaba
ya que en la ofi es bien sabido
que sin ella estoy perdido
Moni de la flaca me alejaba

Moni me salvó de nuevo
por eso tanto le debo
Moni estoy muy agradecido
por todo lo que es debido.

Ulises Estrada

It is important to recognize that death is an experience of joy within this humorous tradition, therefore, it is common among family members, groups of friends, colleagues, to give each other sugar skulls with each person's name.

Diles que lo viste en EL CENTRAL
Tell them you saw it in EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Día de muertos

Día de muertos y calaveritas de poesía

Existe en México una cultura que remite a la gratitud de la vida a través del reconocimiento a la muerte. Si bien, este pasado 1° de noviembre se conmemoró el día de Todos los Santos, que se entiende como el día para rememorar a los infantes que murieron ya fuera al nacer o poco tiempo después del parto. Seguido del 2 de noviembre cuando se celebra a quienes desarrollaron con su vida una personalidad que creó recuerdos entre los vivos a la que se puede honrar con un altar que entregue las ofrendas en la noche en que volverán del reino de los muertos para compartir el festín que les dejan los vivos. El altar

ha amado, aunque se hayan ido a otros mundos.

Esta fecha se manifiesta la dicha de vivir a través de la gratitud colorida, festiva y llena de tantas expresiones como es posible. Algunas personas cuestionan la vigencia del imaginario de esta tradición que pareciera pertenecer a un tipo de realismo mágico, ya que actualmente la sociedad globalizada poco sostiene la creencia de que los muertos vendrán a compartir el festín; no obstante, los altares y ofrendas en este día sirven para recordarnos a los mexicanos que siempre hay algo y alguien a quien agradecer-celebrar. Y a pesar de que se centre en la mayor parte del país la fiesta en concursos de

u ofrenda según dicta la tradición puede llevar desde tres niveles sin contar el suelo, hasta siete niveles (algunos incluso hacen de trece niveles como los trece mundos del Mictlán). Es importante destacar que esta tradición contemporánea es un resultado del mestizaje entre las creencias de los mitos indígenas y el catolicismo español de la colonia. La festividad a muerte en México más que un despojo doloroso, es entendida con esta tradición como un símbolo de la transición de un plano a otro; es, pues, estar presente y tener presentes a quienes se les

altares, de nuevo nos enfocaremos en otro rasgo de la tradición del día de muertos, los poemas satíricos llamados “Calaveritas”, mismos que se dedican para narrar cómo los personajes citados burlan a la parca, la flaca, la calaca, la muerte, la catrina. Estos poemas tienen las siguientes características:

Están escritos en estrofas (párrafos de un poema), cada estrofa debe tener cuatro versos (líneas). Se escriben en versos menores, que son los versos de ocho sílabas o menos. Los versos deben rimar entre sí, ya sea el primer verso con el tercero, o el primer verso con el cuarto. Ejemplo:

Estrofa 1:
En la oficina la fl**aca**
muy triste ella deambul**aba,**
pues la sufrida **cal**a**ca**
a casi nadie encontr**aba.**

Para el conteo de sílabas, se deben considerar las sinalefas, que es a lo que se le conoce como la fusión de palabras a través de vocales, ejemplo: En la oficina la flaca, se divide en ocho sílabas de la siguiente manera: En lao fi ci na la fla ca; con esta división se da un total de 8 sílabas. Es importante considerar que a los versos de 7 sílabas se les suma una sílaba, dando 8 sílabas.

Las calaveritas también sirven para hacer críticas sociales y políticas, así como formas de agradecimiento. La siguiente calaverita es un ejemplo de una calaverita de agradecimiento.

En la oficina la flaca
muy triste ella deambulaba
pues la sufrida urraca
a casi nadie encontraba

calaca a cualquiera busca
quiere ver a quien chamusca
Francisca de ella huyó
y a Moni bien la instruyó

Moni exaltada un día gritaba
-¡Uli, viene la calaca!
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que sin ella estoy perdido
Moni de la flaca me alejaba

Moni me salvó de nuevo
por eso tanto le debo
Moni estoy muy agradecido
por todo lo que es debido.

Ulises Estrada

Es importante reconocer que la muerte es una experiencia de alegría dentro esta jocosa tradición, por tanto, es común entre miembros de la familia, grupos de amigos, colegas, se regalen calaveras de azúcar con el nombre de cada quien.

Sigue cada semana en **EL CENTRAL** nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Lucha por Licencias de Conducir

Equipo organizador de la campaña de Detroit

Sandra Navarete

Antes del 2008, Michigan era uno de los ocho estados del país en otorgar licencias de manejo e identificación estatal para personas indocumentadas. Sucedió que, en el año 2007, el Fiscal General de Michigan, Mike Cox, emitió una opinión diciendo que los inmigrantes indocumentados no deberían tener acceso a beneficios estatales como licencias de conducir por el hecho de que no eran residentes legales de los Estados Unidos. Debido a la opinión de Mike Cox, las licencias de conducir fueron revocadas y la legislatura controlada por los republicanos aprovechó esta oportunidad para aprobar una ley en el 2008 que requeriría una presencia legal en el país para obtener una licencia de conducir.

Para revocar esa ley, se requiere ahora pasar una nueva propuesta de ley en el congreso de Michigan para que nos regresen nuestras licencias de conducir. Desde el 2019, diferentes grupos como Movimiento Cosecha y la coalición de Drive Michigan Forward se han organizado para luchar por la propuesta de ley llamada Drive SAFE. Cosecha se ha enfocado en crear presencia a través de protestas y manifestaciones, y las organizaciones de la coalición como We the People Michigan han trabajado con legisladores para asegurar que tengamos los votos necesarios para aprobar la propuesta.

Este año, por todo el estado se han formado equipos como parte de una campaña con We the People Michigan como parte de la coalición de Drive Michigan Forward, para luchar por nuestras licencias. En las ciudades de Niles, Kalamazoo, Grand Rapids, Traverse City, Hartford, y otras más la comunidad migrante y latina han realizado asambleas y eventos comunitarios para educar a la comunidad sobre el proceso legislativo y presionar a sus legisladores a que se comprometan a apoyar esta propuesta de ley,

Así mismo en Detroit hemos estado trabajando para organizar a nuestra comunidad y asegurar que los legisladores estatales de Detroit estén luchando por nuestra comunidad y sea para ellos una prioridad la propuesta de ley, Drive SAFE. El equipo de Detroit está organizando su evento, Asamblea del Pueblo, el 16 de noviembre a las 6:00 PM de la tarde en la oficina de We the People Michigan, 2701 Bagley St. Detroit MI 48216. Invitan a la comunidad que se una a esta importante campaña y apoyen con su presencia durante este evento tan importante para obtener de regreso las licencias de manejo en el estado de Michigan.

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MSPC energy assistance fair arrives in Melvindale Nov. 17

MPSC
MICHIGAN PUBLIC SERVICE COMMISSION

The Michigan Public Service Commission's energy assistance fair and customer listening session will make a stop in suburban Detroit in November, bringing representatives from the MPSC and other agencies to help utility customers connect with financial assistance and to hear their thoughts and concerns about energy matters.

The fair will be held Thursday, Nov. 17, 4-7 p.m. at Kessey Fieldhouse, 4300 S. Dearborn St. in the downriver community of Melvindale. The energy fair will provide information about assistance for utility customers and give them an opportunity to provide input on issues of energy affordability, accessibility, and the availability of energy assistance programs.

MPSC Staff and representatives from other local and state agencies — including Consumers Energy, DTE Energy and TrueNorth Community Services — will be on hand. Utility customers can learn about available energy assistance programs, payment plans and more, connect with local organizations providing energy assistance, and sign up for financial assistance on-site.

The public also may learn about the MPSC's role in utility access and affordability, share thoughts about what energy affordability means, and how the MPSC can best engage with communities in metro Detroit. A drawing for an energy efficiency kit will be extended to those who attend the listening sessions. Listening session participants are encouraged to save time and preregister at www.research.net/r/ListenNov17Melvindale.

The listening sessions are part of the Commission's Energy Affordability and Accessibility Collaborative (EAAC). The EAAC was launched in response to the COVID-19 pandemic, with the Commission directing MPSC staff to convene the EAAC as a means to seek "broad and diverse input from residents, non-profits, utilities, and state agencies to address the affordability of energy, access to low-income energy assistance, customer protections and low-income energy waste reduction services."

For information about the MPSC, visit www.michigan.gov/mpsc

Es importante que todos voten el 8 de noviembre o antes.

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Mexicantown Community Altar and Procession

By Georgina García-Pfeuffer

On Sunday, October 30, Southwest Detroit and Metro Detroit residents celebrated Día de Muertos with ancestral and present day traditions. This combination resulted in an artistic and cultural manifestation of poetic performance, Folkloric dance, and indigenous songs. In addition, a two block-long community procession was held that had not taken place in southwest Detroit since 2016.

The festivities began with a performance by performance artist, Karilú Alarcón Forshee. Karilú paid tribute to all of the immigrants who never make it to the United States and died along their journey. Alarcón also celebrated with song, all of the strong women who hide their pain and tears. She finished her performance by singing La Llorona, accompanied by the Ballet Folklorico Raíces Mexicana dancing to the song.

Additionally, the Ceremonial group of Cuacualco informed the audience about the pre-Hispanic origins of the Day of the Dead and about the indigenous vision for this festivity. After the group demonstrated their indigenous dances, all were invited to be part of the procession from Plaza del Sol to the Plaza del Norte in Mexicantown. Each participant carried flowers during the procession and placed them on the Community Altar installed in the MexicantownCDC Galería.

"Our ancestors are proud of us for doing these ceremonies," said Lucy, a Native American participant.

Georgina García-Pfeuffer is a freelance community reporter, she is passionate about promoting Mexican and Latino culture and getting rid of cultural stereotypes. Georgina loves yoga and practices mindfulness. She currently works at Mexicantown Community Development Corporation.

Celebran Día de Muertos con un Altar Comunitario y Procesión en Mexicantown, Detroit.

Por Georgina García-Pfeuffer

El domingo 30 de octubre, residentes del suroeste de Detroit y del área metropolitana de Detroit celebraron el Día de Muertos con tradiciones ancestrales y típicas. El resultado de esta combinación fue una manifestación artística y cultural con una actuación poética, un baile folklórico, cantos y danzas indígenas. Además, hubo una procesión comunitaria que desde el 2016 no se realizaba en el suroeste de Detroit.

La festividad comenzó con una interpretación de la artista Karilú Alarcón Forshee, quien rindió homenaje a los inmigrantes que no lograron llegar a los Estados Unidos y fallecieron en su camino. Alarcón también honró a las mujeres fuertes que esconden sus lagrimas.Para finalizar su acto, delito a la audiencia cantando La Llorona, la cual fue acompañada de un bailable por el Ballet Folklórico Raíces Mexicanas.

Acto seguido, los asistentes fueron guiados por el grupo Ceremonial de Cuacualco para aprender sobre los orígenes prehispánicos del Día de Muertos y conocer más de la visión indígena de esta conmemoración. Después de que la gente participara en las danzas indígenas, se les invitó a la procesión que partió de Plaza del Sol a Plaza del Norte en Mexicantown, cada participante recibió flores para llevarlas consigo y después colocarlas en el Altar Comunitario instalado en la Galería de MexicantownCDC.

"Nuestros antepasados están orgullosos de nosotros por hacer estas ceremonias".- compartió Lucy, nativa estadounidense y asistente a dicha celebración del Día de Muertos.

Georgina García-Pfeuffer es una freelance reportera comunitaria, le apasiona promover la cultura mexicana y latina y eliminar los estereotipos culturales. Georgina ama el yoga y practica mindfulness. Actualmente trabaja en MexicantownCDC.

Credits for above photos: Jesse Gonzales, Elto

Día de los Muertos Fiesta at Mt. Clemens:

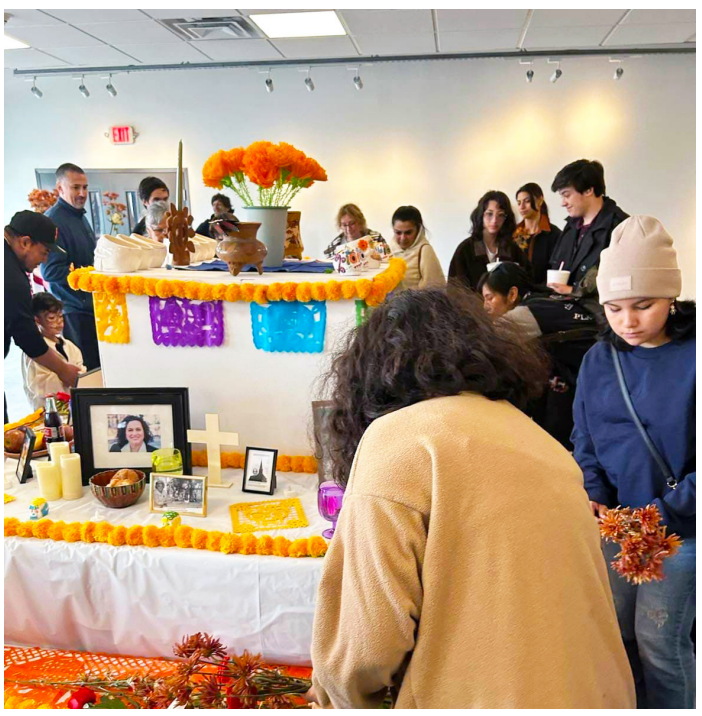
¡Los Muertos Viven!

By Gil Guevara, Jr., Creative/Artistic Director for Artistas Latinx en Accíon Siempre (A.L.A.S.)

On Saturday, October 15, A.L.A.S. and Pop's Sweets an' Treats Shop brought a Day of the Dead Festival to downtown Mt. Clemens, MI. with the support of Sterling Heights Councilman Henry Yanez, The Ethnic Community Council of Sterling Heights, and The Hispanic/ Latino Commission of Michigan.

The outdoor family-friendly event featured 50+ Vendors; 5 Food Trucks; The Macomb County Sheriff's Department; The Anton Art Center; Mt. Clemens Public Library; Families Against Narcotics (F.A.N.); The Girl Scouts of Southeast Michigan; Macomb County Pride; The Arts Academy in the Woods (AAW of Fraser, MI); National Honor Society, and five student vendors from AAW. Entertainment included Local Surf Rock Band; Los Slot Rods; The Asian Pacific Cultural Movement & Entertainment of Michigan; Ballet Folklorico Moyocoyani Izel; Philippine American Cultural Center of Michigan Hula Dance Group, and RicanStruction!

From left, Gil Guevara, Jr., Sr. Guevara and Gilbert Guevara, Sr.



Tzompantli Artistic Introspection

By Georgina García-Pfeuffer

A collective, international and inclusive exhibition linked to the Day of the Dead arrives in southwest Detroit.The "Tzompantli" is the cultural and historical name of a skull that was an integral part of the Mesoamerican cultures. This skull imagery today is generally related to the annual Mexican Day of the Dead.

The Tzompantli Artistic Introspection is a modern Tzompantli created from the artworks of artists from all over the world who participate in the creation of a skull figure using any form of expression accompanied by a written introspection. The final result is a collective vision of the world with introspections denoting the global status quo told by the artist's intimate artworks.

Artistic submissions were received from China and from four-year-old participants.

In collaboration with Artestudioaustin and Corpus Art, MexicantownCDC-La Galería exhibits

Tzompantli Artistic Reflection 2022 until November 10, 2022, from Tuesday to Friday, from 12 a 4 p.m. This exhibition completes the Day of the Dead Community Altar in La Galería, located at en 2835 Bagley, Ste 600, Detroit.

"It's a good opportunity to celebrate that we have a place in our community dedicated to Art, Culture and Inclusion," said Elton Monroy, visual artist based in Detroit.

Georgina García-Pfeuffer is a freelance community reporter, she is passionate about promoting Mexican and Latino culture and getting rid of cultural stereotypes. Georgina loves yoga and practices mindfulness. She currently works at Mexicantown Community Development Corporation.

Tzompantli Reflexión Artística 2022

Por Georgina García-Pfeuffer

Llega al suroeste de Detroit una exhibición colectiva, internacional e inclusiva ligada al Día de Muertos. El "Tzompantli" es el nombre cultural e histórico de un cráneo que fue parte integral de las culturas mesoamericana. Esta calavera imaginería hoy en día generalmente se relaciona con el estilo mexicano anual del Día de Muertos.

La Introspección Artística del Tzompantli es un Tzompantli moderno creado a partir de las obras de arte de artistas de todo el mundo que participan en la creación de una figura de calavera utilizando cualquier forma de expresión acompañada de una introspección escrita.

El resultado final es una visión colectiva del mundo con introspecciones que denotan el status quo mundial contado por las obras de arte íntimas del artista.

Se recibieron reflexiones artísticas de China, así como de participantes de 4 años de edad.

En colaboración con Artestudioaustin y Corpus Art, MexicantownCDC-La Galería exhibe

Tzompantli Reflexión Artística 2022 hasta el 10 de noviembre del 2022. Dicha exposición completa el Altar Comunitario del Día de Muertos en La Galería.

"Es una buena oportunidad para celebrar que tenemos un lugar en nuestra comunidad dedicado al Arte, a la Cultura y a la Inclusión", expresó Elton Monroy, artista visual en Detroit.

Georgina García-Pfeuffer es una freelance reportera comunitaria, le apasiona promover la cultura mexicana y latina y eliminar los estereotipos culturales. Georgina ama el yoga y practica mindfulness. Actualmente trabaja en MexicantownCDC.

on Monroy Duran, and Georgina Garcia-Pfeuffer

Wolverines Defeat Spartans !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

This past Saturday, under the lights at the Big House, in Ann Arbor, in front of 111,083 fans (306th consecutive game of more than 100,000 fans at Michigan Stadium), the #4 Univeristy of Michigan Wolverines (8-0, 5-0 Big Ten conference) - 29 defeated the Michigan State Spartans (3-5, 1-4 Big Ten conference) - 7. The Wolverines lead 13-7 going into halftime and would not let off the gas, beating the Spartans 29 - 7. The University of Michigan Wolverines, travel to Piscataway, NJ, to take on Rutgers Scarlet Knights, Saturday, November 5th at 7:30 pm, then come back to the Big House, in Ann Arbor, to host the Nebraska Cornhuskers, Saturday, November 12th. The Michigan State Spartans travel to Urbana-Champaign, IL, to take on the Illinois Fighting Illini, Saturday, November 5th at 3:30 pm, before returning to Spartan Stadium, in East Lansing, Saturday, November 12th to host Rutgers Scarlet Knights. Photos provided by Dan Graschuck/ EL CENTRAL, unless otherwise noted.

Photos below are highlights from the Wolverines vs. Spartans game

The Paul Bunyan rivalry trophy back with the Wolverines and at the Big House. Photo provided by Alumni Association of the University of Michigan

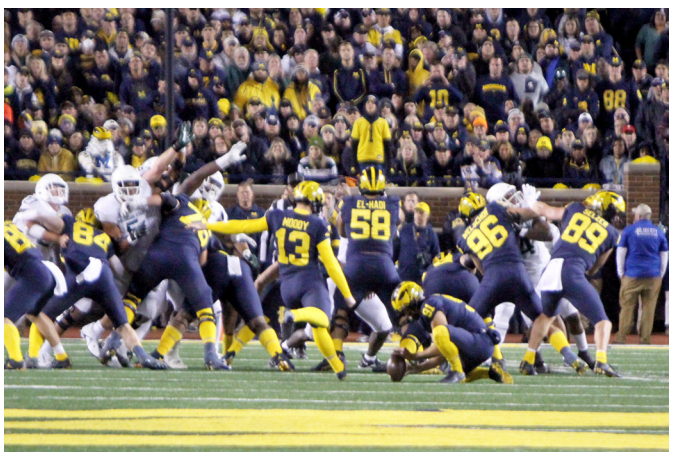
Wolverines defense stopping Spartans TE #6 Maliq Carr from making a play

Spartans WR #0 Keon Coleman scoring the Spartans only TD in the game. Coleman had 5 receptions for 155 yards with 1 TD

Wolverines head coach Jim Harbaugh gets ready to lead his Wolverines onto the field before the game

Wolverines defense going after Spartans QB #10 Peyton Thorne. Thorne was 17 for 30 for 215 yards with 1 TD and 1 INT

Wolverines WR #8 Ronnie Bell making a play against Spartans defense. Bell had 4 receptions for 53 yards



Wolverines K #13 Jake Moody kicking 1 of his 4 field goals. Moody scored 17 points in the game (15 points on field goals and 2 PATS)

Wolverines RB #2 Blake Corum scoring one of his two TDs. Corum had 33 carries for 177 yards with 1 TD and 1 reception for 2 yards with 1 TD

Spartans head coach Mel Tucker watches play during the game

Wolverines fans packing the Big House to watch the rivalry game between the Wolverines and Spartans

Wolverines QB #9 J.J. McCarthy making a play against the Spartans. McCarthy was 15 for 25 for 167 yards with 1 TD and had 7 carries for 50 yards

World Cup Managers Sweating On Fitness

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David Levine
EL CENTRAL

By this time next week, most of the managers taking teams to the World Cup will have announced their 26 player rosters. All of the managers taking teams to the World Cup are sweating out the last few competitive club games before their teams assemble in Qatar for the start of this most unusual World Cup. Falling as it does in the middle of the European league season has caused major disruptions to the calendar. Even leagues like MLS have been affected, the domestic league condensing its season in order to have the MLS Cup final played this weekend.

A number of key players have been ruled out of the World Cup Many more are dealing with injuries that may or may not clear up ahead of the tournament's opening games. The defending champions, France, have already learned that key midfielders Paul Pogba and N'Golo Kante will miss the World Cup. England, the top seed in the USA's group, has lost Reece James to injury and is waiting on news of a couple of other players just days before Gareth Southgate names his squad. Wales, the Americans' first opponent, may be without midfielder Joe Allen and have to wonder how fit Gareth Bale will be after he didn't play for LAFC in the MLS Western Conference final. Some club teams have four games still until league play comes to a halt on November 13. Qatar will kickoff the World Cup on November 20 against Ecuador.

US manager Gregg Berhalter will announce the USA's team on November 9 during a televised special on ESPN2 at 5:00 pm. Berhalter will be as worried as any other manager about injuries to his key players. Goalkeeper Matt Turner, defender Chris Richards, midfielders Weston McKennie and Luca de la Torre, and forward Josh Sargent face a race against time to be fit for the first game on November 21. Richards and de la Torre have played precious little football since the spring. They are the two most likely to miss out. A team can't afford to have unfit players on the roster. Berhalter will have to have alternatives ready to join the squad.

Because so many MLS teams with potential US national team players ended their seasons early, Berhalter called for a fitness camp in Texas. He could only bring in nine players initially, but goalkeeper Sean Johnson can now join up with New York City FC eliminated from the playoffs to make it ten. The group has been joined by a number of U-20 and Olympic eligible players in order to run full training sessions. Given the potential of injury among the European contingent, it might have been a good idea to include a few more senior players like Portland midfielder Eryk Williamson, Cincinnati striker Brandon Vazquez, Montreal midfielder Djordje Mihailovic, and New England fullback DeJuan Jones. Berhalter may still rue not casting his glance a little wider when the team has obvious needs in many spots on the roster.

Mexico's selection will have no less drama than the United States. Gerardo Tata Martino has seen his team struggle to create goals. He already knows that Wolves striker Raul Jiminez is a major doubt and Jesus Tecatito Corona is certainly out. That will heap pressure on Chucky Lozano and the rest of Mexico's attacking players. It doesn't help that they will face Robert Lewandowski and Poland along with Lionel Messi's Argentina in the group phase. Javier Chicharito Hernandez has openly declared his willingness to play for the national team, but he offer is unlikely to be taken up by a manager who doesn't seem to be interested in looking to past heroes for success now.

Form and fitness are going to be tough to find for players who aren't regulars or have had injury concerns. Some managers may have to take a risk on a player they hope will be ready to go, knowing that they can replace an injured player as late as twenty-four hours prior to the first game. Teams with thinner rosters will wait the longest to make the final decision. The USA and Mexico fall firmly into that group. For the favorites, like Brazil or Argentina or England, it may not be quite so necessary given their abundant talent. Berhalter and Martino will have to make do with what they have and hope to make their teams better than the sum of their parts.

Dolphins - 31 vs Lions - 27 !!!

Last Sunday, the Detroit Lions (1-6) hosted the Miami Dolphins (5-3) at Ford Field. The Lions lead the Dolphins going into halftime 27-17, but could not hold onto the lead and lost to the Dolphins, 27 - 31. The Detroit Lions host the Green Bay Packers, at Ford Field, this Sunday, November 6th at 1:00 pm (FOX), then travel to Soldier Field, to take on the Chicago Bears, on Sunday, November 13th at 1:00 pm (FOX). Photos provided by Mike Alberts/ EL CENTRAL.

Photos below are highlights from the Detroit Lions vs. Miami Dolphins game

During a special tribute at Ford Field, Barry Sanders learns that a statue will be built of him at Ford Field

Dolphins QB #1 Tua Tagovailoa passing. Tagovailoa was 29 for 36 for 382 yards with 3 TDs and had 5 carries for 19 yards

Lions TE #88 T.J. Hockenson making a big play against the Dolphins. Hockenson had 3 receptions for 80 yards. The Lions reported earlier this week that Hockenson will be traded to the Minnesota Vikings

Lions rookie #44 Malcolm Rodriguez sacking Dolphins QB #1 Tua Tagovailoa

Lions QB #16 Jared Goff, gets ready to throw. Goff was 27 for 37 for 321 yards with 1 TD

Claressa "GWOAT" Shields was honored during the Lions game, after her victory over Savannah Marshall

Lions RB #30 Jamal Williams scoring one of his two TDs. Williams had 10 carries for 53 yards with 2 TDs and 3 receptions for 23 yards

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EDITORIAL OPINION

"Donald J. Trump Jr. Assaults Mr. Pelosi With a Joke"

By Raoul Lowery Contreras

Donald J. Trump Jr. jokes about a moronic attack on Nancy Pelosi's 82 year-old husband in their San Francisco home. 5,000 people like his post on the failed Trump substitute for Twitter - Truth (whatever).

Pathetic is the word I would apply to Junior.

He posted a picture of a man's skivvies and a claw hammer like the one used by Pelosi's attacker in fracturing Pelosi's skull.

Junior hasn't the "class" his father showed when he told Americano Media: "With Paul Pelosi, that's a terrible thing…" He continued "...with all of them it's a terrible thing… Look at what's happened to San Francisco generally. Look at what's happening in Chicago. It was far worse than Afghanistan."

Former President Trump ignores the fact that serious crime rates, particularly of murder started their booming upward movement under President Donald J. Trump. Murders started climbing in July of 2020 after three years of President Trump's administration.

Let's look at my home town, San Diego, California with 1.38 million people in the city; white alone not Hispanic/Latino, 42.3%; Hispanic/Latino, 30.1%; Asian, 17.3%; Black, 6.1%; two or more races, 7.8%.

2020 San Diego murders, 55 incidents. 2021 San Diego murders, 57 incidents which is a1.8% increase for a rate 37% less than the national average. The San Diego rate? It is 4.09 per 100,000 people.

Nationally, Memphis, TN leads the country with 506 murders for a murder rate of 48.7 per 100,000; Detroit, MI is second with 303 murders for a rate of 47.9 per 100,000 and Milwauke is third with 195 murders for a rate of 34.3 per 100,000.

As former President Trump and his son are commenting, they should comment on this: The per 100,000 per capita murder rates are higher in states that voted for Trump in 2020 than voted for Biden.

Eight of ten states with the highest murder rates in 2020 voted for the Republican nominee in every election of the 21st Century (since 2000).

Back to the Pelosi attack in San Francisco and all of the venomous speechifying by Republican politicos around the country about the crime cesspool San Francisco is and that Nancy Pelosi is responsible for it's crime boom.

Comparison: Jacksonville, Florida, is slightly larger than San Francisco and has a Republican mayor. In 2020 Jacksonville had 120 more murders than San Franciso.

More informative, however, is that Republican Speaker of the House to be, Kevin McCarthy's Bakersfield, California, had twice the San Francisco 2020 murder rate despite being only half as populated than San Francisco. It voted overwhelmingly for Donald Trump in 2020 and has a Republican Mayor.

Lastly, Donald Trump's additional comments about San Francisco, Chicago and a vague reference to Afghanistan were and are irrelevant but at least they are views and opinions, things he is entitled to believe and speak about. His calling the incident "terrible" works well.

However, that does not apply to Junior. His post of a man's underwear and a hammer, two items attributed to the wacko attacker of Paul Pelosi, lacks class and is below that of an alleged University of Pennsylvania graduate.

Opinions in this Article are not necessarily those of the Publisher or Editor

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4 **SAVE THE DATE**
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Salud/*Health*

Living With Diabetes? Why You Need to Pay Attention to Your Feet

(StatePoint) Diabetes can impact the body in a number of ways, especially creating potentially serious complications for your feet.

"Foot care is a central component of overall diabetes care," says Bryce Paschold, DPM, FACFAS, a board-certified foot and ankle surgeon and a fellow member of the American College of Foot and Ankle Surgeons. "Without precautions, even small foot problems can lead to amputation or be life-threatening."

To help those living with diabetes understand potential complications and how to avoid them, ACFAS is sharing these important insights:

Potential Complications

Nerve damage that affects arms, hands, legs and feet known as diabetic peripheral neuropathy not only makes you more likely to experience numbness, burning, and loss of your protective sensation, but losing sensation in your feet can also make it easier to miss common minor skin pathologies and other foot issues while they're still relatively easy to treat.

With diabetes, the blood vessels below the knee often become narrow and restrict blood flow, causing infections that don't heal. This common and serious complication can lead to the loss of your foot, leg or your life.

Stress fractures and sprains are commonplace among all athletes, but those living with diabetes who experience neuropathy are more likely to be unaware of foot and ankle injuries and exacerbate them by continuing their activities.

While still relatively rare, Charcot foot seems to be growing in prevalence as more Americans develop diabetes. This sudden destruction and erosion of the foot's bones, caused by severe nerve damage, can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation and even death. Symptoms appear suddenly and include warm and red skin, and swelling, but commonly without pain.

Prevention

You can play a vital role in reducing your risk for complications. Here's how:

• Inspect feet daily. Check for cuts, blisters, redness, swelling and nail problems. Use a magnifying mirror to look at the bottom of your feet. If you need assistance, have someone else do it for you. Be proactive by knowing what is going on with your feet on a daily basis.

• Don't ignore pain. Seek care immediately if you experience pain in your leg at night or with little activity. It could mean you have a blocked artery.

• Don't perform "bathroom surgery." Never trim calluses or corns yourself, and don't use over-the-counter medicated pads. See a foot and ankle surgeon for proper treatment.

• Keep floors clear. To prevent injury, make sure no needles, insulin syringes or other sharp objects are on the floor. You should also always wear shoes, indoors and outdoors.

• Prevent Irritation. Shake shoes free of small objects you may not be able to feel and ensure your socks aren't bunched up. Wear lighter colored socks so you'll notice blood or drainage if they occur.

• Be temperature aware. Never use heating pads, hot water bottles, ice or electric blankets, and never put your feet in hot water without testing the temperature; you can easily burn your feet without noticing.

• Stay active. Improve circulation by wiggling your toes and moving your ankles for five minutes, two to three times a day.

• Control blood sugar levels. Good diabetes management reduces your risk of developing complications.

• Book an appointment. Visit a foot and ankle surgeon to determine if you have lost any feeling or circulation. Periodic foot exams can also help prevent complications. "Advanced therapies for foot wounds, such as the use of bioengineered skin substitutes and negative pressure wound therapy, are saving limbs and restoring mobility for people who suffer from nonhealing foot ulcers," says Dr. Paschold.

For more information and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.

¿Qué se puede hacer para ayudar a mejorar la calidad de vida de las personas con mieloma múltiple (un tipo de cáncer incurable)?

Aunque es considerada como una enfermedad rara, el mieloma múltiple (MM) es el segundo tipo de cáncer de la sangre con mayor incidencia en el mundo, superado en esta categoría únicamente por los linfomas de no Hodgkin.

Si bien el MM es un cáncer incurable, notorio por sus continuas y variadas recaídas (es decir, el regreso de síntomas después de recibir tratamiento o tras un periodo de remisión), existen ciertos factores que pueden mejorar la calidad de vida de las personas, como la detección oportuna y los avances en nuevas terapias.

¿En qué sentido han mejorado los pronósticos para los pacientes?

Gracias a importantes avances, como la investigación y el desarrollo de nuevos medicamentos, en los últimos diez años se ha logrado que un promedio de supervivencia de 2 a 3 años aumente a una media de 8 a 10 años.

Sin embargo "el diagnóstico no es sencillo y puede retrasarse varios meses porque en etapa temprana sus signos y síntomas, como debilidad, orinar con mucha frecuencia, dolor recurrente de espalda y neuropatías (calambres u hormigueos habituales en piernas y manos) pueden confundirse con otras enfermedades", indicó el Dr. Daniel Franco de la Torre, especialista del área terapéutica para Hematología en Bristol Myers Squibb México (BMS).

El experto explicó que el MM es un cáncer que se caracteriza por el desarrollo de células plasmáticas anormales (un tipo de glóbulo blanco que elabora anticuerpos para combatir infecciones y enfermedades), las cuales se acumulan en la médula ósea y forman tumores en diferentes partes del cuerpo, lo que evita que la médula ósea elabore suficientes células sanguíneas sanas (glóbulos rojos, blancos y plaquetas).

Las células de mieloma múltiple también producen un anticuerpo proteínico, llamado proteína M, que el cuerpo no necesita, lo limita para combatir infecciones y hacen que la sangre se espese, lo que puede provocar daño en los riñones.

¿Cómo identificar esos primeros signos como síntomas de MM en una fase temprana?

El especialista hizo referencia a un acróstico denominado CRAB:

• (C) de Calcio elevado
• (R) de Insuficiencia Renal
• (A) de Anemia
• (B) de Bone (hueso en inglés)

por las lesiones y fracturas que provoca sin causa aparente

Por ejemplo, entre 70 y 80% de los pacientes con MM presentan problemas óseos que afectan el 66% a las vértebras, 45% a las costillas, 40% al cráneo y 30% pelvis.

¿Qué hacer en caso de presentar síntomas?

Es preciso acudir al hematólogo para obtener información completa y acceso a los mejores tratamientos disponibles, mismos que varían según la edad del paciente, estado o etapa en que se encuentre el cáncer, grado de afectación y, sobre todo, si responde o no a la terapia.

"Lamentablemente hay quienes no responden al tratamiento (mieloma refractario), de ahí la importancia de ofrecer terapias personalizadas", indicó el doctor Franco de la Torre. "No podemos dejar que las personas vivan pensando todo el tiempo en las recaídas y seguir padeciendo estos síntomas, lo ideal es que puedan convivir con la enfermedad de la mejor forma posible".

En lo que respecta a las afectaciones en el ámbito familiar, social o laboral, las personas "pueden acercarse a organizaciones de pacientes que, junto con su médico, les enseñarán cómo sobrellevar la montaña rusa que representa las recaídas y aprender a vivir con él", añadió.

La medicina oncológica ha registrado importantes avances en los últimos años, sobre todo en el campo de la inmunoterapia (tipo de tratamiento que estimula las defensas naturales del cuerpo para combatir el cáncer), pero todavía hay mucho camino por recorrer.

Por ello, el especialista destacó los proyectos de inversión que la biofarmacéutica BMS destina en investigación clínica, en educación médica continua y en la realización de asociaciones estratégicas con otras empresas y organismos científicos para ayudar a los pacientes a superar enfermedades graves como el mieloma múltiple.

CONSULTE A SU MÉDICO para obtener más información.

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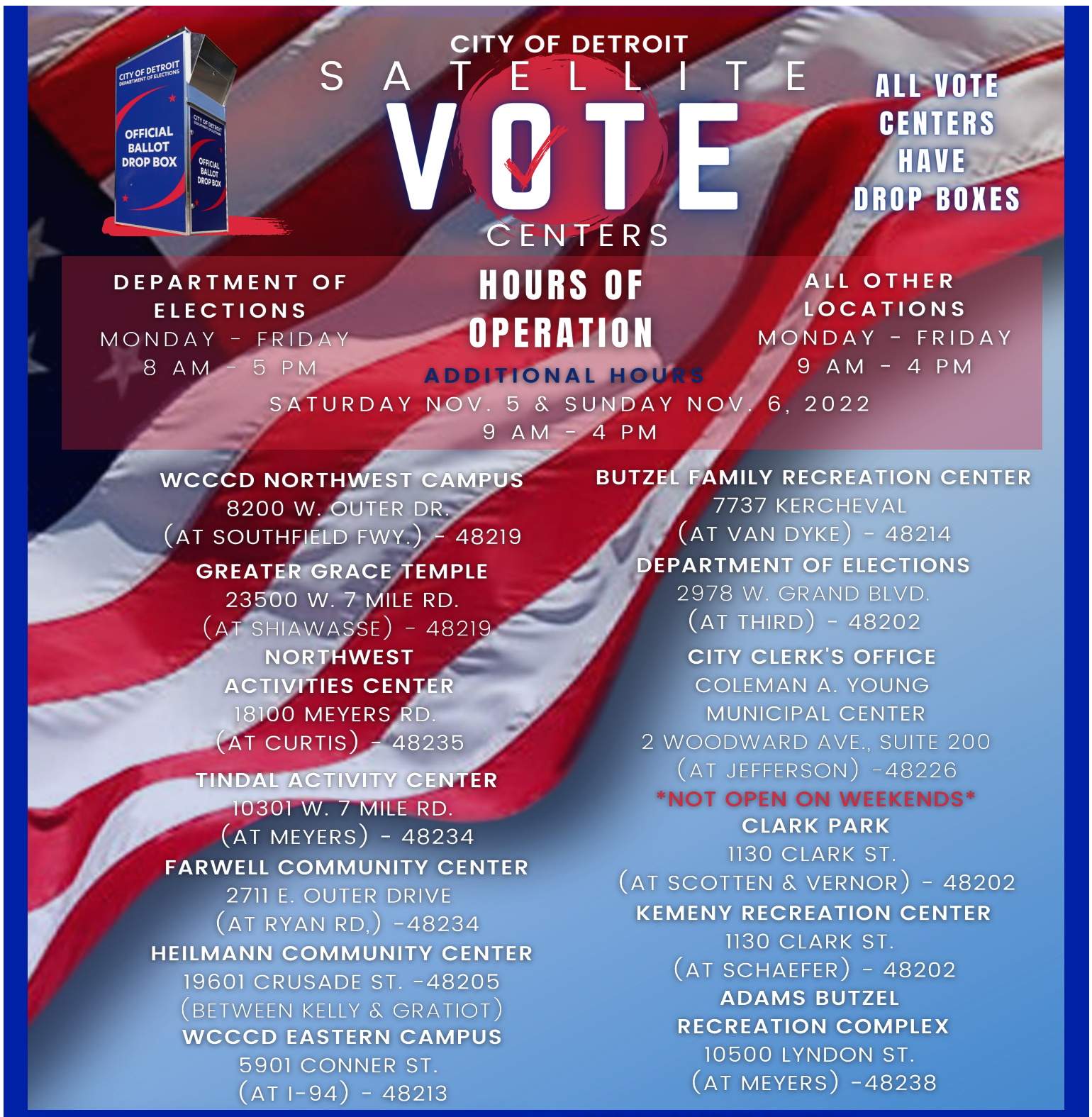
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Aunque votes por los candidatos de un solo partido, debes completar la sección no partidista de su boleta, incluyendo votar por los Jueces de la Corte Suprema de Michigan.

Asegúrese de votar el 8 de noviembre o antes.

JUSTICIA PARA TODOS,
NO SOLO PARA LOS RICOS Y PODEROSOS.

Vote por ***Kyra Harris Bolden***
y ***Richard Bernstein***
para la Corte Suprema de Michigan

Pagado con fondos regulados por Justice for All, 325 Walnut St., Lansing MI 48933 y no autorizado por ningún candidato.